

Question 1: How have you achieved school/community buy-in? Administrative support? Has that changed since you started/do you anticipate any upcoming changes that will present a challenge—champion graduating, new principal etc.

1) Walking Activities

- "Buy-in": Brandon and W. Rutland wanted town infrastructure changes, getting town buy-in had incentive; Retired folks to "drive" walking bus volunteer group
- St. Albans → Not initial buy-in; community (???) engaged, which in turn helped admin come on board
- Isle La Mot → no bussing, no sidewalks, 29 students, how to get community to SRTS; felt as though engaging admin came easy, very supportive of program, looking to get PTO involved more
- SHAC--school health committee at Barre Town, Vermont walk to school day plus other special events engaged local "celebrities" use bike path from Rock of Ages → School 1 mile
- Act 1,000 PK-8 students participate in walk-to-school days (except PreK)

2) Outreach

- Present travel plan to school board to get more community support; local supermarkets give donations of food
- Getting the word out: newsletter, invite community, comm. specific newspaper, include admin, community support was organic invitations are key
- Sheffield → Turnover with administration just getting started and hoping to engage the school admin more

3) Strong Champion

- Have strong champion, focusing on forming the team and make sure you have key support in team-strong members; including public works if possible and school board chair
- Make sure you have a strong coordinator to facilitate meetings and engage group members, involve team members in on-the-ground work (ex: crosswalks)
- Schools with town and school board participate have strongest program, vibrancy of community, awareness of physical benefits of walking and biking with improvements in learning, someone in the school to buy-in to the program (teacher)
- Town staff involved--Rec director, zoning, planning select board member, principal and public works, school board, PTO, wellness, parents; potential for infrastructure projects
- VT Dept Health liaison support (Karen Nelson)

- St. Albans → administrative support, working on parental involvement; admin very interested in sustainability and health of students; working on a big grant with community for walking path
- Newport→ starting to work with community members and school admin now
- Stagger bus drop off, principal directing traffic; parent volunteer to drive backpacks, other carry first aid kits; Bobcat Mascot encouraging students; Bike patroller to communicate with public bike path users

Question 2: What new activities will you try this year? What questions/concerns do you have trying this new activity?

1) Recreational Activities

- New Activities: walking school bus with school bus drop off, monthly walking school bus, bike rodeo, engage SRO, police, bike rodeo kit
- "New Activities This Year": Newport Walk N' Roll/ winter walk, Last child in the woods, Pairing SR. students with kindergarteners, "AARP" age friendly city (Newport)
- World fit walk connection (or similar program/organization) - compete across country
- Walk at recess program
- Walk Across America/walk at recess, bike rodeo, walk/roll to school, dance party; supportive administration
- WOW (walk on Wednesdays); Concern: parent/teacher support
- Classroom walk challenge to fit their schedule during day
- Permission slip in advance to notify parents of early bus drop off, list of students with permission on checklists in advance -- sorted by bus, parents also drop off car at same bus drop off location

2) Incentive Programs

- New Alternative Survey
- Incentives
- Themes
- Parent Incentive Program: Punch card, Family card, Businesses support card, On walk days--wear stickers, get free coffee (like blub drive?)
- BikeSwap; Concern: logistics how to price, how organize
- Ross McDonald/ DOT cargo bike programming for low-interest-financing

- Kids sign in at school arrival--get rewards "pencils, not chocolate"

3) Infrastructure and Safety Improvements

- Bus drop-off at central location
- Developing walking path
- More connection to High School
- Mapping drop-off locations (multiple points; adult teacher/volunteer teacher leaders; police dept. train crossing guards); Parent newsletter
- How to assist families: trails, cargo bikes
- Improve Crosswalks; Concerns: keep flashing beacon and crossing flags

Question 3: When did you realize the impact you were having in your school/community? What activities were particularly impactful?

1) Walk/Bike Program Activity

- David Hutchinson (St. Albans): build team to live beyond coordinator, Bike Film Fest (bike vs. cars), VT bike ped coalition, St. Albans has grant to implement route from HS to sports complex (3mi), Manchester had bike fair on school day
- Engage teachers in "way to go" commuter program
- International Walk to School Day → Windsor: lots of participation, 100+ people at Windsor engage the whole school → make poster in P.E., crafts with kindergartens; starts and get kids thinking, making an impact
- Winter Walk to School Day → Newport, Windsor, St. Albans
- Walk on Wednesdays → consistent group, on-going
- Walking Busses: 1/month year round; St. Albans school → 180+ kids and parents 3 weeks ago
- Monthly walk-to-school → huge growth curve (crime and traffic danger are barriers); 99% of kids live within 2 mile St. Albans School
- Bike rodeo during school day (toward end of day) very exciting--draw for other classes--helmet give aways SafeKids VT, Helmets R Us, Bell Helmets, Reflective gear e.g. slap bracelets, Bike Rodeo kits with cones and other gear to set up rodeo
- Biking in middle school; have a bike shed; funding for bikes through incentive program (Isle La Motte)

- As finish walk to school-give aways; maintenance staff person with excellent support in students-- high five kids; band playing to make festive, parade-like
- Repetition, predictable "event" schedule of (???) e.g. W.O.W
- Barre Town School-- kids were more relaxed, less hyperactive after walking to school; kids wear school colors/gear--school spirit

2) Using Leaders and Mascots for Encouragement

- Find enthusiast; engage (not just racers, but "folks")
- Be an example, get people to ask questions
- Students with challenging behaviors in classroom, stepping up as leader (positive) during walking to school
- School mascot made big impression-high five 900 students to encourage/congratulate
- Spirit Day "Bobcat" mascot; great administrative support (strongly recommended by admin to be involved); putting together Travel Plans can feel commonplace for SRTS coord, but seeing the "newness" open-eyed excitement; business (Rock of Ages) support

3) Afterschool Programs

- Having fun: afterschool program 1 day/wk bike skills activity make sure bike is at school, parental support!! Greatly appreciated--desire is kids asking "when do we start biking?"
- Isle La Motte -- staff and kids are having fun! Kids are asking about when they get to bike. Kids want to do it (very small school-29 students). Easy to coordinate with parents. No sidewalks or trails or street lights. Bike program is afterschool; also in P.E.; Rewarding presenting (???) /ideas to people who haven't thought about this before (their eyes light up)

4) Parent and Peer Involvement

- Municipal involvement
- School-wide field trip/bike
- Hartland -- school coordinating Health Team positions have changes to admin support changes, but having that team of support is impactful on sustainability of SRTS
- Walking at school very embedded in culture Hartland; Need to adjust bus schedule to better accommodate; Very supportive principal (got to principal meeting walking; share success, stories, strategies, and resources)
- Get parent buy-in , ownership for parents publicize organizational meetings frames as "transportation issues" to share info/challenges seek input → respond to needs ↑ buy-in; longer-term change in culture and infrastructure access to law enforcement, town manager, ↑ parent-parent (neighbor) communication Empower parents; Abby huge, positive influence

- Being peers, gets kids asking parents to participate, then parents decide to participate
- Administrative support is high, incentives for kids are key to engage them

5) Training

- Get into driver's ed classes, engage students in reality of car-culture
- Numbers have increased/increase bikers; teaching biking--kids learning how to bike; bike trailer
- Teachers asking for more walk to school days because of impact on students readiness to learn (mandatory walk to school--can opt with note from parent)
- Stafford: make BIY bike assist?! To make biking "cool"